

HEALTH EMERGENCY INFORMATION PLAN

Fill out the form below and make several copies. Keep one copy near your home phone, where you can easily see it. Keep another copy at work, and a third copy in your wallet or purse.

Information to share with emergency medical personnel and hospital staff

Medicines you are taking (and dosage strength, if possible):

Medicines you are allergic to:

How to contact your doctor

If symptoms stop completely in less than 5 minutes, you should still call your doctor right away.

Doctor's name: _____

Type of doctor: _____

Phone number (office hours): _____

(after office hours): _____

Other doctors you are seeing and why:

What you have been diagnosed with:

Person to contact if you go to the hospital

Name: _____

Home phone number: _____

Mobile phone number: _____

Source: National Heart, Lung, and Blood Institute. National Institutes of Health, US Department of Health and Human Services.



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Talk to your doctor

Always talk to your doctor about what is best for you. Ask your doctor before starting any treatments or making changes in your routine or medicine.